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1 **LOW IMPACT WEIGHT-BEARING EXERCISE IN AN UPRIGHT POSTURE**
2 **ACHIEVES GREATER LUMBOPELVIC STABILITY THAN OVERGROUND**
3 **WALKING**
4

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6
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ABSTRACT

30

31 The aim of this study was to determine the kinematic differences between
32 movements on a new exercise device (EX) that promotes a stable trunk over a
33 moving, unstable base of support, and overground walking (OW). Sixteen male
34 participants performed EX and OW trials while their movements were tracked using
35 a 3D motion capture system. Trunk and pelvis range of motion (ROM) were similar
36 between EX and OW in the sagittal and frontal planes, and reduced for EX in the
37 transverse plane. The pelvis was tilted anteriorly, on average, by about 16 degrees
38 in EX compared to OW. Hip and knee ROM were reduced in EX compared to OW.
39 The exercise device appears to promote similar or reduced lumbopelvic motion,
40 compared to walking, which could contribute to more tonic activity of the local
41 lumbopelvic musculature.

42

43 **Keywords:** kinematics, walking, lumbopelvic stability, exercise

INTRODUCTION

44

45

46 *In vitro* studies have shown the thoracolumbar and lumbar spine, devoid of any
47 musculature, will experience structural failure under compressive loadings as small
48 as 20 and 90 N in magnitude, respectively (Crisco et al 1992). Considering spinal
49 loadings experienced *in vivo* can range from 6 kN during selected everyday tasks
50 (McGill & Norman 1986) to in excess of 36 kN during competitive powerlifting
51 (Cholewicki et al 1991) the human vertebral column is intrinsically incapable of
52 meeting the physiological demands placed upon it without additional stabilisation at a
53 segmental level (Panjabi et al 1989).

54

55 The role of the lumbopelvic trunk musculature in providing the required
56 supplementary stability at a segmental level is well documented (Bergmark 1989;
57 Panjabi 1992; Cholewicki & McGill 1996; Vera-Garcia et al 2007). In particular, due
58 to their anatomical positioning, morphology and function, the deeper fibres of the
59 lumbar multifidus (LM) and the transversus abdominis (TrA) are considered crucial
60 for local stability of the lumbar spine (Hodges & Richardson 1996; Hodges 1999; Kim
61 et al 2007).

62

63 A growing body of evidence links structural and functional changes of local
64 stabilising trunk muscles with low back pain (LBP) (Hides et al 1994; Hides et al
65 1996; Hodges & Richardson 1996; Danneels et al 2000; Oddsson & De Luca 2003;
66 Hides et al 2008; Hides et al 2008; MacDonald et al 2009; Teyhen et al 2009;
67 Wallwork et al 2009). In people with LBP, muscle fibre atrophy and fatty infiltrations

68 of the LM have been observed (Kader et al 2000), as well as a dysfunction of the
69 anticipatory activity of the LM and TrA (Hodges & Richardson 1998).

70

71 Corrective/restorative treatment strategies for such dysfunction of the local
72 lumbopelvic musculature have included specific motor control exercises (Hides et al
73 2008), 'core stability' training, muscular strength and endurance training (Danneels
74 et al 2001), aerobic exercise (Frost et al 1995) and the use of an unstable base of
75 support (BOS) (Marshall & Murphy 2006), often in a tailored combination (Demoulin
76 et al 2010). The majority of these approaches tend to show only modest
77 effectiveness (Keller et al 2007; van Middelkoop et al 2010), possibly due to a lack of
78 carry-over to functional day-to-day activities (Richardson & Hides 2004; Hodges &
79 Cholewicki 2007).

80

81 Recently a new method promoting activation of LM and TrA has been proposed as
82 an alternative to the current approaches for addressing local lumbopelvic muscle
83 dysfunction (Debuse et al 2013). The users of the exercise device move their feet in
84 a quasi-elliptical path in anti-phase against virtually no external resistance. The
85 absence of external resistance creates the need for much greater motor control of
86 the legs and pelvis, to control leg movement, whilst maintaining an upright trunk
87 posture, than in conventional exercise devices. The exercise device was found to
88 recruit LM and TrA to a greater extent than a range of control activities, including
89 standing on the ground or on an unstable base of support and voluntary muscle
90 contractions. The authors postulated that the method promotes a relatively stable
91 lumbopelvic area during a functional lower limb movement and results in an
92 automatic recruitment/activity of TrA and LM (Debuse et al 2013). Richardson and

93 Jull in their seminal paper of 1995 proposed that local muscles work tonically, as
94 opposed to global muscles which tend to work phasically. This is widely accepted by
95 other authors working in this field (for example Sahrman 2002; Hides 2004; Hides
96 et al 2004; Hodges & Cholewicki 2007). Debusse et al (2013) imply that tonic muscle
97 activity is likely to be responsible for the stable lumbopelvic region when using the
98 exercise device. However, no information was provided on the lumbopelvic and
99 lower limb kinematics of the user while exercising to identify how the exercise device
100 promoted lumbopelvic stability and, thus, tonic muscle activity.

101

102 The aim of the current study was to compare lower limb, pelvic and trunk kinematics
103 during the use of a newly developed exercise device (EX) and overground walking
104 (OW), with a particular focus on the level of lumbopelvic stability in both activities.

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METHOD

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Participants

110 Sixteen healthy adult male volunteers (mean \pm SD age: 26.5 \pm 3.38 years, body
111 mass: 82.158 \pm 7.21 kg, height: 1.78 \pm 0.05 m, and body mass index: 25.89 \pm 2.16
112 kg·m⁻²) with no recent history of LBP, gait impairments, or other conditions affecting
113 their ability to walk or exercise, agreed to participate in this study. Participants gave
114 their fully informed written consent to take part. The study had received ethical
115 approval from the Institutional Review Board prior to data collection.

117

118 Three-dimensional Motion Capture

119 Three-dimensional trajectories of 39 retro-reflective markers ($\text{\O} = 14\text{mm}$) were
120 captured at a sampling frequency of 200 Hz using a 12 camera near-infrared motion
121 capture facility (MX T20, Vicon Motion Systems, Oxford, UK). Markers were placed
122 in accordance with a standard full-body model (Plug-in-Gait, Vicon Motion Systems,
123 Oxford, UK), which consists of a 15 segment rigid-linked model of the head, thorax,
124 pelvis, and bilateral upper arms, forearms, hands, thighs, lower legs and feet. Only
125 the segmental orientations of the thorax, pelvis, thighs and lower legs were
126 subsequently used for analysis.

127

128 The motion capture system was calibrated before all testing sessions using a
129 standard dynamic protocol, with a 5 marker calibration wand (Vicon Motion Systems,
130 Oxford, UK). System calibration was accepted when the image error of all 12
131 cameras was less than 0.2 mm.

132

133 Body mass, height and anthropometric measurements, including leg length (anterior
134 superior iliac spine to medial malleolus), ankle widths and knee widths, necessary for
135 the correct operation of the model used were taken in triplicate and the mean value
136 used thereafter.

137

138 Experimental protocol

139 Participants completed an overground walking (OW) condition and a condition using
140 the exercise device (EX – Figure 1) in a counterbalanced random order within a
141 single session. In the OW condition participants were asked to walk along a level 7.5
142 m walkway, instrumented with embedded force plates (OR6-7, AMTI, Watertown,

143 Massachusetts, USA), at a self-selected comfortable speed. Starting positions were
144 adjusted individually to ensure that 'clean' foot contacts with the force plates could
145 be achieved without direct targeting by the participant. A minimum of 10 trials were
146 completed, before six trials - without evidence of targeting - were selected for
147 subsequent analysis.

148

149 In the EX condition participants were given an initial five minute period to familiarise
150 themselves with the exercise device. Following this, 30 seconds of trajectory data
151 were captured during exercise in standing. Subsequently, six cycles were chosen at
152 random for analysis. All participants were given standardised instructions on the
153 correct use of the device emphasising the need for a 'slow controlled movement'
154 whilst maintaining 'an upright posture' during each cycle.

155

156 Data processing and reduction

157 Marker trajectories collected during OW and EX trials were reconstructed and
158 processed within Vicon Nexus (1.7, Vicon Motion Systems, Oxford, UK). Lost or
159 obscured trajectory segments were interpolated using a quintic-spline function for
160 gaps less than or equal to 10 frames (0.05 s) or a pattern fill function for gaps less
161 than 10 frames, which utilises the trajectory of a marker with a similar predicted
162 displacement trajectory. Marker trajectories were then low pass filtered at 5 Hz using
163 a fourth-order zero lag Butterworth filter (Saunders et al 2005).

164

165 Key "gait cycle" phases (stance and swing) were demarcated for both the OW and
166 EX conditions using discrete gait cycle events. Heel strikes and toe offs during OW
167 were detected using the vertical component of the ground reaction force obtained

168 from the force plates embedded flush with the walkway surface at the centre of the
169 calibrated capture volume. When using the new exercise device, the feet remain in
170 contact with the foot plates at all times during both stance and swing phase.
171 Therefore, data collected during EX were divided into a stance and swing phase
172 based on the trajectory of a marker placed on the front corner of the foot plate:
173 stance was defined as the most anterior to the most posterior foot plate position, and
174 swing was from the most posterior to most anterior foot plate position.

175

176 Three-dimensional angular displacements for the trunk (thorax with respect to [wrt]
177 pelvis), pelvis (wrt the room, rather than a relative position between body segments),
178 hip (pelvis wrt thigh) and knee (thigh wrt lower leg) were time normalised to cycle
179 duration in 2% increments (51 data points from 0-100%) for the right sided cycles of
180 both OW and EX conditions. Angular range of motion (ROM) was calculated as the
181 maximum minus the minimum joint angle achieved within one cycle. This was done
182 for each of the six trials and averaged within each participant, and then between all
183 participants in both conditions. The mean angular position of each segment or joint
184 was determined as the average of each angle throughout the gait cycle for OW and
185 EX. The difference in mean angular positions, or offset, between OW and EX was
186 calculated. Data for each variable were checked for normality of distribution using Q-
187 Q and box plots. For variables that were normally distributed, paired samples t-tests
188 were used to compare ROM and mean angular position between conditions with
189 significance set at $p < 0.05$. For variables that were not normally distributed,
190 Wilcoxon signed rank tests were instead used. Confidence intervals (95%) were
191 also calculated for each pairwise comparison. All statistical analyses were
192 performed using SPSS (version 19).

193

194

195

RESULTS

196

Spatiotemporal characteristics

198 All spatiotemporal data were normally distributed. Statistically significant differences
199 were observed in all six spatiotemporal parameters (Table 1). The EX condition was
200 characterised by reduction in cadence ($t=21.220$, $df=15$, $p<0.001$), stride length
201 ($t=14.041$, $df=15$, $p<0.001$), stride duration ($t=26.380$, $df=15$, $p<0.001$), speed
202 ($t=20.506$, $df=15$, $p<0.001$), and effective stance phase ($t=15.354$, $df=15$, $p<0.001$)
203 compared to those observed during OW. Step width was significantly greater in the
204 EX condition compared to OW ($t=2.662$, $df=15$, $p<0.05$).

205

206

Kinematics

208 All angular ROM data were normally distributed with the exception of the hip in the
209 transverse plane. Angular ROM was found to be similar between EX and OW
210 conditions for the trunk in the sagittal ($t=1.622$, $df=15$, $p=0.126$) and frontal ($t=1.203$,
211 $df=15$, $p=0.248$) planes, and was similar for the pelvis in the sagittal ($t=1.607$, $df=15$,
212 $p=0.129$) and frontal ($t=0.213$, $df=15$, $p=0.834$) planes. In the transverse plane,
213 ROM was significantly reduced for the trunk ($t=8.513$, $df=15$, $p<0.001$) and the
214 difference approached significance in the pelvis ($t=1.854$, $df=15$, $p=0.083$) between
215 EX and OW (Table 2).

216

217 All mean angular position data were normally distributed with the exception of the
218 pelvis and hip in the transverse plane. The pelvis was significantly tilted anteriorly
219 for the EX condition compared to OW with an offset of 6.49° ($t=4.697$, $df=15$
220 $p<0.001$) (Table 3). Hip ROM was significantly reduced in the EX condition
221 compared to OW in the sagittal ($t=7.359$, $df=15$, $p<0.001$), frontal ($t=2.572$, $df=15$,
222 $p=0.021$) and transverse ($Z=3.516$, $p<0.001$) planes (Table 2). Knee ROM was also
223 reduced in EX in the sagittal ($t=8.463$, $df=15$, $p<0.001$), frontal ($t=7.041$, $df=15$,
224 $p<0.001$) and transverse ($t=7.120$, $df=15$, $p<0.001$) planes. The hip ($t=13.297$,
225 $df=15$, $p<0.001$) and knee ($t=19.878$, $df=15$, $p<0.001$) were both more flexed
226 throughout the gait cycle in the EX condition than in OW, with offsets of 22.31° and
227 24.11° , respectively, which were significant (Table 3). Despite the reduced ROM,
228 peak knee and hip angles occurred at a similar point in the gait cycle for OW and EX
229 (Figure 2).

230

231

232

DISCUSSION

233

234 The aim of this investigation was to compare the kinematics of lower limb and trunk
235 motion during the use of a newly developed exercise device (EX), and overground
236 walking (OW). The key findings of this study were that the lumbopelvic region was at
237 least as stable whilst exercising on the new exercise device as overground walking.
238 In the transverse plane, reduced ROM was observed during EX compared to OW.
239 This stable lumbopelvic region was achieved over a dynamically moving base of
240 support, where the ROM of the knees and hips was lower in EX than in OW. All

241 spatiotemporal variables were significantly reduced in EX compared to OW,
242 suggesting a slower, more controlled motion.

243

244 Trunk motion in the sagittal and frontal planes demonstrated similar ranges for both
245 EX and OW. In the transverse plane, a reduced ROM was observed for EX
246 suggesting increased lumbopelvic stability. Similar observations were made for the
247 pelvis in terms of ROM, although in the transverse plane, a smaller reduction in
248 range of motion was found for EX, with this reduction approaching statistical
249 significance.

250

251 As a fundamental human activity, walking has previously been investigated as an
252 intervention strategy in the treatment of LBP (Torstensen et al 1998; Joffe et al 2002;
253 Taylor et al 2003; Mirovsky et al 2006). However, heterogeneity of study design and
254 methodological quality have contributed to inconsistent findings (Hendrick et al
255 2010). Of these studies only Torstensen et al. (1998) and Taylor et al. (2003) used
256 walking independently, while Joffe et al. (2002) and Mirovsky et al. (2006) combined
257 walking with bodyweight support and traction, respectively. Notwithstanding the lack
258 of evidence supporting walking as an effective intervention strategy for low back
259 pain, the movement itself, involving control of trunk and pelvis motion during lower
260 limb movements, is known to contribute to recruitment of the TrA and LM (Saunders
261 et al 2004; Saunders et al 2005). Importantly, walking tends to be advocated by
262 health care professionals in line with recommendations that ordinary physical
263 activities should be continued as much as possible in order to aid recovery from LBP
264 and prevent long-term disability (van Tulder et al 2000).

265

266 Similarities observed in both trunk and pelvic ROM between EX and OW in the
267 sagittal and frontal planes suggest that the exercise device may be similar to
268 walking, in terms of enabling tonic recruitment of the local lumbopelvic muscles such
269 as TrA and LM. Previously Saunders et al. (2004; 2005) reported tonic TrA but
270 phasic LM activity at walking speeds comparable to those reported here. However,
271 no data were presented describing changes in activity amplitude, if any, within each
272 gait cycle. The phasic activity of LM previously reported during walking (Saunders et
273 al 2004) could be a factor leading to the questionable effectiveness of walking as a
274 successful intervention for LBP (Hendrick et al 2010). The reduced transverse ROM,
275 and thus the inherently more tonic muscle actions, in EX compared with OW seen in
276 the current study could further indicate facilitation of greater tonic activity of the local
277 lumbopelvic muscles (Richardson & Jull 1995) when using the new exercise device
278 than in overground walking. If this reduced axial rotation results in more tonic
279 recruitment of LM at a segmental level, then this could lead to the exercise device
280 being a more successful intervention for LBP than walking. Current research within
281 our group is exploring differences in lumbopelvic muscle recruitment between the
282 exercise device and walking using ultrasound imaging and electromyography. Future
283 studies in symptomatic populations are required to examine the clinical effectiveness
284 of the exercise device.

285

286 No angular offsets were found between EX and OW for the trunk or pelvic position in
287 all three planes, with the exception of a greater degree of anterior tilt of the pelvis in
288 the EX condition. Influences of anterior pelvic tilt (O'Sullivan et al 2006) and
289 accompanying lordotic spinal posture (Claus et al 2009), similar in magnitude to that
290 observed within this investigation, have previously been shown to recruit both the

291 superficial and deep fibres of the LM to approximately 30-40% of maximal voluntary
292 isometric contraction capabilities, which is known to facilitate stabiliser muscle
293 recruitment (McArdle et al 1991). Thus, this angular offset could be beneficial for the
294 recruitment of the LM, provided care is taken to avoid over-recruitment of the
295 superficial fibres of LM.

296

297 Hip and knee joints were more flexed throughout the gait cycle in EX than during
298 OW. The increase in hip flexion was partly due to the angular definition being relative
299 to a perpendicular axis of the pelvis. Therefore, the observed increase in anterior tilt
300 creates a greater degree of flexion at the hip. The increased flexion of the knee
301 throughout the gait cycle during EX are linked to the reduced stride length that was
302 caused by the mechanical constraints of the device. By reducing stride length, the
303 knee was unable to reach full extension during the stance phase of the gait cycle, as
304 is normally seen during OW. What was apparent for knee and hip motion in the
305 sagittal plane, was that the change in angle throughout the gait cycle showed a more
306 sinusoidal pattern in EX compared to OW. This, more regular, movement pattern
307 could contribute, to some extent, to more continuous/tonic muscle recruitment, a key
308 training requirement of the local stabilising musculature (Richardson & Jull 1995).

309

310 There has been a drive, in recent years, for training interventions for the local
311 muscles of the lumbopelvic region to be made more functional (Hodges 2011). A
312 number of studies have brought into question the transferability of any training
313 effects seen following less functional activities such as gym ball training where the
314 base of support is simply unstable (Drake et al 2006). Debusse et al. (2013)
315 demonstrated that the local lumbopelvic muscles were recruited to a greater extent

316 with lower limb movement and an unstable base of support than with standing still on
317 an unstable base of support (i.e. no voluntary lower limb movement). While
318 overground walking involves lower limb movement, it does not usually involve an
319 unstable base of support. During exercising on the new device, the requirement to
320 control the descent of the “front” leg by gradually unloading the “back” leg within
321 each gait cycle may result in greater recruitment of the local lumbopelvic muscles
322 than overground walking. Our ultrasound imaging studies will examine this aspect in
323 greater detail.

324

325 This study has a number of limitations. It examined relative motion between the
326 pelvis and trunk. In order to gain a better understanding of how the exercise device
327 influences the kinematics of the lumbopelvic region, a more detailed model of the
328 thoracic and lumbar spine is needed. This would enable vertebral motion to be
329 evaluated at a segmental level. Participants were asked to walk at their preferred
330 walking speed. Due to the nature of the exercise device, movements were slower
331 compared to walking. Saunders et al (2005) reported reduced axial rotation of the
332 spine when walking slower. Thus, slow walking could lead to similar kinematics that
333 were observed for the exercise device, and this should be explored further.
334 However, walking slower does not involve an unstable base of support, or the
335 complex motor control associated with using the exercise device, both of which could
336 be contributing to increased local lumbopelvic muscle recruitment.

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CONCLUSION

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Key differences between exercising on the device and overground walking included reduced transverse plane range of trunk motion with respect to the pelvis (i.e. increased lumbopelvic stability), a more anteriorly tilted pelvis, and reduced stride length, knee and hip range of motion in the sagittal plane. The greater anterior tilt of the pelvis potentially moved the pelvis into a more advantageous position for the recruitment of TrA and LM. However, the unstable base of support afforded by the new exercise device would seem to add a challenge to movement control that may result in greater TrA and LM activity than overground walking. Future investigations should examine TrA and LM activity during walking and exercising on the new device using ultrasound imaging.

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495 Wallwork TL, Stanton WR, Freke M, Hides JA 2009 The effect of chronic low back
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500 Table 1. Spatiotemporal characteristics of overground walking and exercise in the
 501 standing position on the device. (SD = standard deviation, CI = confidence interval).
 502

Gait Parameter	Overground Walking		Exercise Device		Mean Difference	
	Mean	±1SD	Mean	±1SD	(95% CI)	<i>P</i> value
Cadence						
(steps·min ⁻¹)	110.7	7.2	71.3	2.7	-39.4 (-43.4 to -35.45)	<0.001
Stride Length (m)	1.41	0.09	1.10	0.00	-0.31 (-0.35 to -0.26)	<0.001
Stride Duration (s)	1.09	0.07	1.69	0.06	0.60 (0.55 to 0.65)	<0.001
Speed (m·s ⁻¹)	1.30	0.13	0.65	0.03	-0.65 (-0.71 to -0.58)	<0.001
Step Width (m)	0.20	0.03	0.23	0.05	0.03 (0.01 to 0.06)	0.018
Stance Phase (%)	59.54	1.66	49.45	2.26	-10.09 (-11.49 to -8.69)	<0.001

503 Table 2. Angular range of motion of the trunk, pelvis, hip, and knee in all three
 504 planes during overground walking and using the exercise device, also including the
 505 mean difference between the two conditions. (SD = standard deviation, CI =
 506 confidence interval).
 507

Gait Parameter	Walking		Exercise Device		Mean Difference (95% CI)	P value
	Mean	±1SD	Mean	±1SD		
Sagittal Plane						
Trunk	3.93	1.80	3.01	1.67	-0.92 (-0.29 to 2.14)	0.126
Pelvis	2.89	0.78	3.69	1.91	0.8 (-1.86 to 0.26)	0.129
Hip	42.54	3.96	33.38	2.28	-9.16 (6.50 to 11.81)	<0.001
Knee	59.88	4.03	45.22	6.02	-14.66 (10.97 to 18.36)	<0.001
Frontal Plane						
Trunk	12.59	3.26	11.21	4.42	-1.39 (-1.07 to 3.84)	0.248
Pelvis	8.29	3.33	8.09	2.70	-0.20 (-1.85 to 2.26)	0.834
Hip	12.67	3.44	8.77	4.64	-3.90 (0.67 to 7.14)	0.021
Knee	16.50	5.91	9.42	5.22	-7.08 (4.93 to 9.22)	<0.001
Transverse Plane						
Trunk	12.55	3.85	3.92	1.14	-8.63 (6.47 to 10.79)	<0.001
Pelvis	12.00	3.28	9.25	4.18	-2.75 (-0.41 to 5.92)	0.083
Hip	16.93	7.34	8.87	2.73	-8.06 (4.95 to 11.17)	<0.001 ^a
Knee	20.66	5.37	10.59	3.96	10.07 (7.06 to 13.09)	<0.001

508 ^a indicates that these data were not normally distributed

509

510 Table 3. Mean angular position of the trunk, pelvis, hip and knee in all three planes
 511 during overground walking and exercise in the standing position on the device. (SD
 512 = standard deviation, CI = confidence interval).

513

Gait Parameter	Walking		Exercise Device		Mean Difference (±95% CI)	P value
	Mean	±1SD	Mean	±1SD		
Sagittal Plane						
Trunk	-5.37	6.15	-5.43	6.66	0.06 (-3.44 to 3.56)	0.970
Pelvis	9.06	4.06	15.55	6.18	-6.49 (-9.43 to -3.54)	<0.001
Hip	18.30	5.56	40.61	6.62	-22.31(-25.88 to -18.73)	<0.001
Knee	26.28	4.62	50.39	6.69	-24.11 (-26.69 to -21.52)	<0.001
Frontal Plane						
Trunk	-0.41	1.68	0.53	2.05	-0.94 (-2.27 to 0.38)	0.150
Pelvis	-0.25	1.23	-0.33	1.83	0.08 (-0.69 to 0.85)	0.827
Hip	-0.14	2.02	-0.91	2.33	0.77 (-0.13 to 1.67)	0.088
Knee	2.99	3.92	0.44	7.53	2.55 (-0.37 to 5.48)	0.082
Transverse Plane						
Trunk	-2.11	1.86	-1.70	2.03	-0.41 (-1.25 to 0.42)	0.311
Pelvis	-0.65	2.26	-1.63	2.93	0.98 (-0.05 to 2.01)	0.056 ^a
Hip	8.77	8.35	2.55	5.59	6.22 (1.77 to 10.66)	0.010 ^a
Knee	-8.77	9.14	1.16	8.58	-9.94 (-12.45 to -7.42)	<0.001

514 ^a indicates that these data were not normally distributed

515

516

517

FIGURE CAPTIONS

518

519 Figure 1. The exercise device during use.

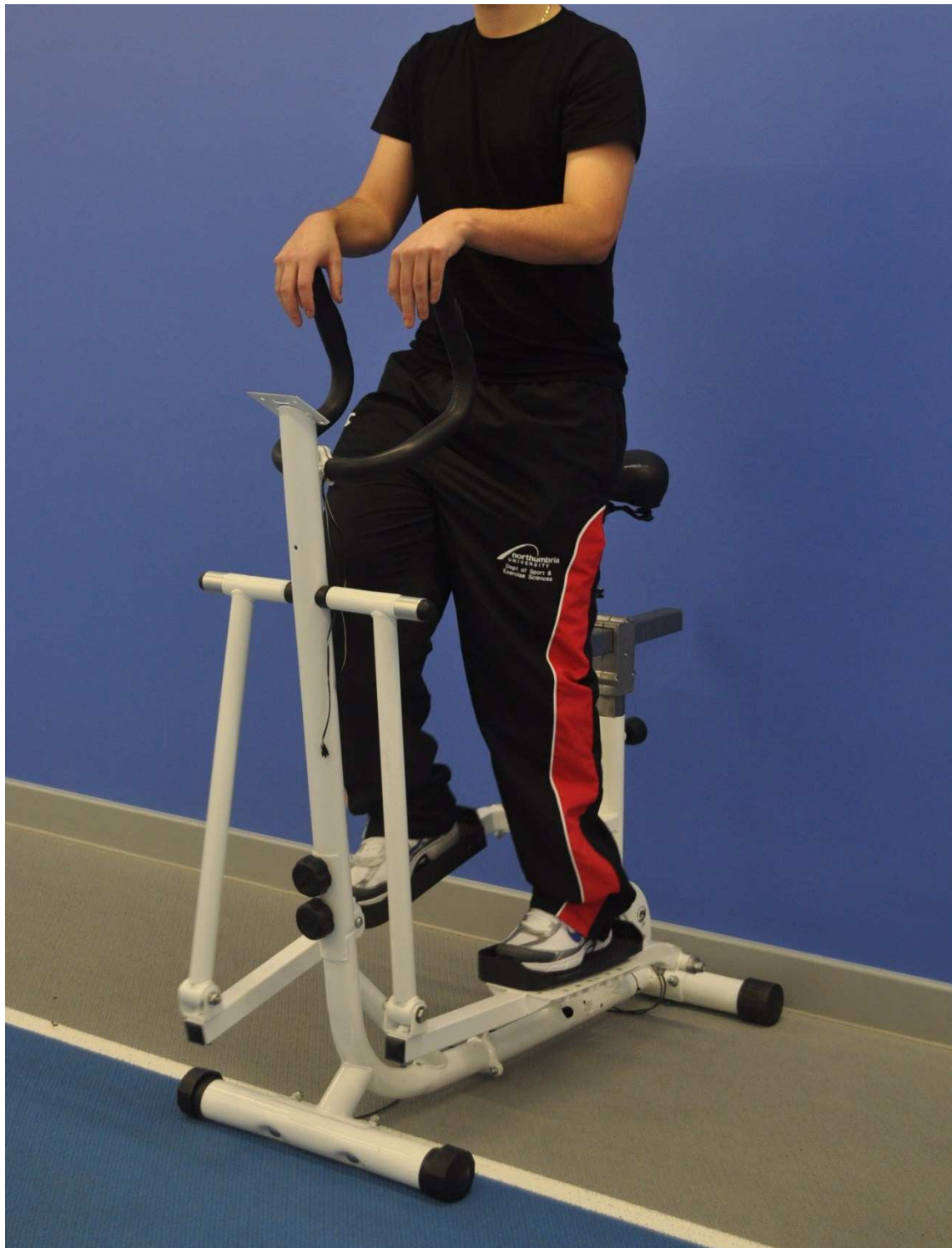
520

521 Figure 2. Hip (A) and knee (B) angles are presented for overground walking (- - -)

522 and exercise (—) conditions. The shaded region represents the standard deviation

523 for the exercise device data series.

524 **Figure 1**
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